

THE FOOD PRIMER

G is for grapefruit juice
And grape juice as well
Green gherkins (they're pickles)
And luscious grape jell.

BY BETTY BARCLAY

At first glance you may not see much connection between these G-Foods. But they are all popular favorites. They are all appetite teasers. They are all inexpensive. And they are all to be found in any store, appearing on the shelves through their glistening glass containers—waiting for the housewife to choose them for her market basket.

And how they do rely upon their glass containers. Hide them and they could not entice midday's pennies. She sees them, remembers their flavor, and the sale is made. So attractive are the new glass pickle jars that they invariably are served right at the table.

Here are two recipes that call for the popular G-Foods:

Porcupine Apple
8 small sweet gherkins
8 strips dried beef

8 toothpicks
Butter
1 large red apple
Roll sweet gherkins in dried beef. Cut in inch-wide strips with scissors, and fasten each with a toothpick. Brown in butter in a frying pan. To serve, attack prepared sweet gherkins into an apple by means of the toothpicks.

Grapefruit Apple Salad
Heat to boiling 1 cup grapefruit juice and 1 cup canned pineapple juice and dissolve 2 tablespoons gelatin soaked in 1/2 cup cold water. Strain and cool. Pour over sections from 1 grapefruit, sections from 2 oranges and 4 slices of canned pineapple cut into pieces and arranged in attractive design. Chill until stiffened in individual molds or one large one. Serve with mayonnaise.

Meat Important In Child's Diet

Mothers everywhere ask the question, "When should I begin giving my child meat?" According to Inez S. Willson, home economist, most authorities on child feeding agree that the child should have servings of tender meat as soon as he is able to chew, and even earlier crisp bacon and scraped beef may be given.

Meat deserves a prominent place in the child's diet for the same good reasons that it is included in the balanced diet for adults. It is one of the very best sources of protein, the body building material, and, in addition, it furnishes minerals which children must have

if their bodies are to grow strong and healthful. In fact, it is especially important that the diet of children includes generous amounts of protein and energy foods because they are growing and must be supplied not only with energy but also building material.

Meats for young children should be prepared simply. Broiled steaks and chops and

INTEND TO WED
Application for a marriage license was made this week in Long Beach by James L. Compton and Mrs. Dorothy Smith, both of Lomita. Mrs. Smith is secretary at the relief unit on Narbonne avenue.

HOLD GALA PARTY
Members of the Lomita V. F. W. were hosts to a large group of friends and the Auxiliary last night at a program and dancing party in their hall. Ted Blackman, junior vice-commander, was in charge of the successful affair.

Social Security Sandwich
MINNEAPOLIS (U.P.)—Sign in a Minneapolis drug store: "For Social Security Eat Our Sandwiches (no onions)."

Safeway STORES

You'll want to be sure to stock up on canned foods while this Spring Sale is in effect --- so don't delay. Make a list of the items you need and hurry to the Safeway store in your neighborhood.

Prices are low --- quality is high! Buy today and take advantage of these EXTRA savings. The more you buy, the more you save!

AIRWAY COFFEE 17c
Seven out of ten people prefer this type of coffee. Order a pound today at this feature low price. Ground to order.

TOMATO SAUCE 3c
VAL VITA BRAND Spanish style sauce. Excellent seasoning for meat and vegetables. Note price. 7 1/2-oz. can

OUR SPRING CANNED FOODS SALE SPECIAL SAVINGS

FEATURING THE FINEST FOODS IN CANS
FRUITS - FRUIT JUICES - VEGETABLES
MEATS - FISH - PICKLES - OLIVES - BABY FOODS

Flipping The Herald Files Backward

1924—Thirteen Years Ago
First National bank directors decide not to merge with Pacific Southwest Trust and Savings.

John S. Torrance, Willis M. Brooks, R. R. Smith and Robert J. Deininger, Progress Club candidates, elected councilmen by large margin. City call bond issue defeated.

George Wilkinson, of Lomita, and George Watson of this city become Eagle Scouts.

City gets four and one-half acres in fee in settlement of sewer farm case with Dominguez Land Corporation.

Born—To Mr. and Mrs. Jerry McLean, Andreo avenue, a daughter, Geraldine.

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CANNED VEGETABLES
Standard Corn Cream style can 10c
Standard Pack Peas No. 2 can 9c
B & M Kidney Beans No. 2 can 10c
Lima Beans Seaside Brand No. 1 can 15c
Baked Beans Brown Crook 28-oz. can 15c
Pork & Beans Van Camp Brand 16-oz. can 7c
Pork & Beans Van Camp Brand 31-oz. can 11c

FOR BAKING
Baking Powder 5-oz. tin 19c
Baking Powder Clabber Girl Brand 10-ounce size can 9c
Baking Chocolate Hershey's 1/2-lb. cake 10c

QUALITY FLOURS
Flour HARVEST No. 10 20 2 1/2-lb. bag 86c
BLOSSOM 5-oz. tin 86c
Flour KITCHEN No. 10 44 2 1/2-lb. bag 51c
CRAFT 2 1/2-lb. bag 51c
Soft-a-Silk Cake Flour 24c
Pancake Flour Harvest Blossom 17c

1927—Ten Years Ago
Recruiting office opens for California national guard; seek formation of a local battery.

New record set at Torrance Flat Glass plant when a mile of window glass was turned out in eight hours.

Prominent L. A. industrialists meet here to study local district's production advantages with Torrance officials.

Charles Cheney, noted city planning expert, addresses large crowd at Legion hall on need for city plan.

Harry Roberts initiated as member of Torrance volunteer fire department.

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COFFEE VALUES
Edwards' Coffee 1-lb. can 25c
Nob's Hill Coffee per lb. 23c

MISCELLANEOUS LOW PRICES
NuMade Mayonnaise pint 25c
Chocolate Poms per pound 21c
Peanut Butter Beverly Brand 1-lb. jar 21c
Max-i-mum Milk 3 tall cans 19c
Jell-well Assorted "cubes" flavored gelatin 3 boxes 13c
Morton's Salt Plain or Iodized 28-oz. box 7c
Black Pepper Schilling 2-oz. can 6c
White King Granulated Soap 36-ounce package 30c

CANNED SOUPS
Tomato Soup Van Camp 22-oz. can 9c
Vegetable Soup Van Camp 22-oz. can 10c

BREAKFAST FOODS
Jersey Corn Flakes 2 pkgs. for 13c
Kellogg Corn Flakes 8-oz. pkg. 7c
Kellogg Pep or Rice 2 boxes 19c
Kellogg Krumbles per pkg. 10c
Wheaties Gold Medal Brand Wheat Flakes, Pkg. 11c

CANNED SEA FOODS
Pink Salmon Happy-Vale Brand tall can 10c
King Oscar Sardines No. 1/4 14c
Mission Tuna Choice grade Light meat 2 1/2-lb. can 25c
Fancy Tuna Chicken of the Sea No. 1/2 can 15c
Strand Minc'd Clams No. 1/4 15c
Kipper'd Snacks in 2 No. 1/4 9c

SYRUP—HONEY
Syrup Steady Hollow pint 19c quart 35c
Honey California Gold 19c 32-oz. jar 27c
Blossom Time Honey 5-pound can 45c

Do You Have a "COLD"?

If so, you cannot afford to keep it because a "cold" always weakens the body and makes it more susceptible to disease.

You Will Be AGREEABLY SURPRISED how quickly

Chiropractic Adjustments

WILL GET RESULTS

DR. GEO. W. MCCRAY

CHIROPRACTIC DIET ELECTRIC THERAPY

1330 Engracls Phone 889

Open Evenings

1932—Five Years Ago
Victory comes to W. T. Klusman after 12-year battle with the veteran politician wins seat on city council together with Scott Ludlow, Earl Gomer and Joseph M. Wright. Charter loses, 1,346 to 572.

Los Angeles firm purchases Cravens apartments.

First crew starts work on extension of Sepulveda boulevard thru city.

J. C. Penney store here host at birthday celebration in honor of firm's 30th anniversary.

Fifth birthday of George Graydon Lee and sixth birthday of Gary Wheaton celebrated together at Lee home on Arlington avenue.

Two hundred attend "funeral" for Riley, dog stick-wire artist who was member of J. J. Kennedy's little animal troupers.

1936—One Year Ago
Tolson, McGuire and Powell

DEL MONTE BRAND FOODS

Del Monte Red Salmon	tail can	20c
Del Monte Catsup	14-oz. bottle	12c
Tomato Sauce	Del Monte Brand 8-oz. cans	3 11c
Tomatoes	Del Monte Brand No. 1 can 8c	2 No. 2 25c
Del Monte Spinach	Garden Fresh No. 2 1/2 can	13c
Del Monte Peas	Early Garden No. 2 can	15c

LIBBY'S FINE FOODS

Libby Red Salmon	Fancy Grade tall can	20c
Libby Corned Beef	12-ounce size can	16c
Libby Deviled Meat	3 3/4-oz. cans	10c
Libby Corned Beef Hash	No. 2 can	15c
Libby Sliced Beef	2-ounce glass jar	10c
Libby Spinach	Fancy grade Free from grit No. 2 1/2 can	13c
Libby Sauerkraut	No. 2 1/2 can	14c
Baby Food	Libby's Brand Homogenized 3 cans for	25c

STOKELY'S FRUITS & VEGETABLES

Stokely's Fruit Cocktail	No. 1 can	15c
Stokely's Grapefruit	No. 2 can	11c
Tomato Catsup	Stokely's Finest 14-ounce bottle	12c
Stokely's Tomatoes	Solid Pack 21-oz. can	11c
Stokely's Beets	Diced or sliced No. 2 can	11c
Stokely's Corn	Country Gentleman No. 2 can	2 25c
Mixed Vegetables	For soup or stew Stokely's No. 2 can	11c
Stokely's Jumbo Peas	No. 2 can	15c
Stokely's Spinach	Excellent in flavor No. 2 1/2 can	13c
Stokely's Sauerkraut	No. 2 1/2 can	14c
Green Limas	Stokely's Beans Medium size No. 2 can	14c
Cut Green Beans	Stokely's Finest No. 2 can	2 25c
Stokely's Baby Food	Assorted per can	8c

• GUARANTEED MEATS •

Guesswork is eliminated in the Safeway plan of meat merchandising. Only top grades of beef, pork, lamb and veal are purchased. Through latest scientific methods, each cut is made ready for market. You buy it at the peak of its perfection. Try GUARANTEED Safeway Meats today.

LAMB ROAST SHOULDER CUTS lb. 20c
Shoulder roast of fancy spring lamb. Value!

BEEF ROAST CENTER CUT CHUCK lb. 21c
Center cut chuck roast of Guaranteed Beef.

TURKEYS FANCY PRIME YOUNG HENS lb. 22c

BONELESS BUTTS lb. 39c
Boneless Cottage Butts at feature price. Fry, bake or boil.

LAMB LEGS lb. 27c
Fancy grade baby lamb legs. Roast one for Sunday.

BOILING BEEF lb. 11c
Lean plate rib beef. Cook with fresh vegetables. Economical.

SHORT RIBS lb. 15c
Bake or braise. Cut from Guaranteed Safeway Beef. Note price.

RUMP ROAST lb. 30c
Boneless roast of Guaranteed Beef. Order one at your Safeway.

Corned Beef lb. 18c
Fancy Sugar Cured

SHOULDER CLOD lb. 30c
Boneless beef roast. Cut from Safeway Guaranteed Beef.

LINK SAUSAGE 1/2-lb. pkg. 17c
Un-x'd brand link sausage. Fry some for breakfast.

“RAMONA”

14th annual showing of California's spectacular outdoor play, presented by the people of Hemet and San Jacinto. Plan to attend this drama of early California.

APRIL 17-18, 24-25, MAY 1-2.

PLUMS LIBBY OR DEL MONTE DE LUXE PACK No. 2 1/2 can 11c

PEACHES LIBBY, STOKELY DEL MONTE No. 2 1/2 can 14c

CORN DEL MONTE BRAND COUNTRY GENTLEMAN No. 2 cans 2 25c

Del Monte's popular Country Gentleman corn.

GRUBB'S MARKET

CHOICE MEATS

PHONE 779-TORRANCE

IN SAFEWAY STORE 1929 CARSON ST.

“Helen! Have you and John been fighting again? And you say it was about the meals you serve?”

“Well, do you remember my telling you how much trouble Ralph and I had over the same thing? We went around and around until I learned about GRUBB'S MARKET and the wonderful meats they sell. Now I give Ralph meat at least once a day and he is satisfied! He never says a word except in praise, of course. That ended all our fights.”

TOMATOES No. 2 1/2 can 8c

SNOWDRIFT

OR CRISCO SHORTENING 1-lb. can 20c 3-lb. can 56c

FORMAY SHORTENING 1-lb. can 19c 3-lb. can 50c

PET FOODS

Dog Food Brand Ration 3 tall cans 14c

Kennel King Quality Pet Food 2 tall cans 11c

Marco Dog Food 2 tall cans 13c